



The Eastern *Vibes*

Monthly Newsletter 2021

June 2021, Issue #83

Elderly Express Experience at the ERHA



Mr. Irvin Michael Lewis and Mrs. Kamala Lewis at the Sangre Grande Enhanced Health Centre

The ***Elderly Express Experience*** provide an express avenue for the attracted over 135 citizens, 65 years and over for their first dose of Sinopharm COVID-19 vaccine.

This initiative commenced on June 16, 2021 and is designed to

Article continues on Page 2.

In this Issue

- Elderly Express Experience at the ERHA
- Health Awareness Session for Civilian Conservation Corps
- OSH Week 2021
- Donation to Biche RC Primary School
- Congratulations to Aaron Prince on Olympic Games Qualification
- Virtual Grocery Tour Quiz - Winners and Facts on Food Labels
- Health Education Feature: Food on a Budget
- Disaster Preparedness Feature: Rainy & Hurricane Season
- MoH Ad: How Do You Know if You Are Fully Vaccinated
- Safety at Work - Word Search

Elderly Express Experience at the ERHA

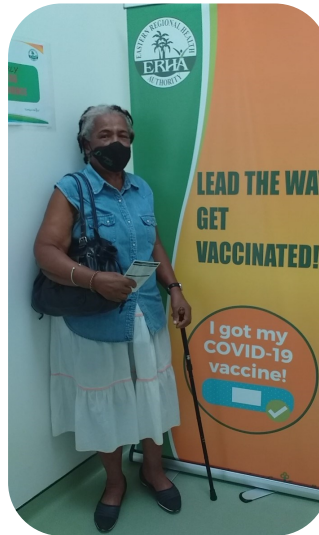
To ease access, the Eastern Regional Health Authority (ERHA) administered the vaccine from five sites within the region. These include Sangre Grande Enhanced Health Centre, Toco Health Centre, Mayaro District Health Facility, Manzanilla Outreach Centre and the Rio Claro Health Centre. Mr. John Guiseppi who participated in the ***Elderly Express Experience Programme***, and indicated that he took the vaccine because he

thought that it was important for people over the age of 65 to ensure that they do not get the virus. He further stated that the process was quite smooth and there was no long wait. Similar sentiments were expressed by other clients.

This phase of the vaccination process will continue and will also include persons in homes for the aged and shut-ins in their communities.



Mr. John Guiseppi



Ms. Magarita Duranty



Ms. Sanbassie and Mr. Henry Kallicharan

Health Awareness Session for Civilian Conservation Corps

Over 100 young adults between the ages of 16 to 25 years received guidance on health related topics to empower them to succeed.

The ERHA partnered with the Civilian Conservation Corps and conducted virtual health awareness sessions from 9th - 22nd June, 2021, to assist in getting youths in the programme ready for life.

Sessions on Personal Hygiene and Sexual Reproductive Health were facilitated by the Health Education Departments while our Medical Social Work Department delivered presentations on Substance Abuse, Mental Health and Gender Issues. Participants were

also sensitised on Healthy Eating Habits by the Nutrition Department.

The ERHA Team also coordinated a segment on Healthy Relationships which was facilitated by Mr. Verne Extavour, Media Professional of BPM Training Academy.

Participants were given the opportunity to meet with the health professionals and engage in one-on-one discussions.

OSH Week 2021

The COVID-19 pandemic has brought significant changes to our way of life and we have adopted the **"New Normal."** Although we continue to make global advances, we are faced with challenges and are reminded of the need for protection.

For OSH Week, the ERHA's Occupational Safety & Health Department introduced its **"PPE Display Competition."** To sensitise staff and raise awareness on the importance of protection, persons were encouraged to get creative and design a PPE display.

Entries were received and the teams which consisted of five staff members presented their design to a panel of judges, explaining how COVID-19 impacted their lives.

The Rio Claro Health Centre Team placed 1st, while Team Celinex Building- NAMA placed 2nd and the Projects Department-Head Office Team placed 3rd.

The department also presented annual awards based on the recorded safety statistics from 2020. This initiative is done yearly to ensure continued interest and active engagement by employees. Awards were presented in the following categories:

Motor Vehicle Safety:

For the year 2020, the Head Office's Team of Drivers recorded no Motor Vehicular

Accidents. A Certificate and Plaque were presented to Mr. Dale Ramlal, Fleet Coordinator.

Recycling Initiative: Prizes and certificates were awarded to departments that actively participated:

- Glass- Supercare Building
- Plastic- CPU/ISIT Department
- Paper- Supercare Building
- Most Amount of Recyclables - De Freitas Building

Safety Wardens: Each unit was acknowledged for their vigilant observation and reporting initiatives"

- SGH - Kerwin Stephens
- NAMA - Geeta Persad
- STAD - Stacy Wilson
- Head Office - Kerencia King

Members of the OSH Team were also awarded for their invaluable contributions during the pandemic. Staff at the Valencia Outreach Centre, the Accident & Emergency Departments at Sangre Grande Hospital and Toco Health Centre were also recognised.

OSH Week was celebrated from April 26-30 under the theme, **"COVID-19 and Your Health & Safety."**



Member of Team Rio Claro Health Centre shows off the Challenge Trophy and 1st place trophy

Mr. Duane Nimblette, OSH Officer, gives a thumbs up after receiving his trophy for invaluable service



Presentation to 2nd place winner - Team Celinex Building, NAMA

Donation to Biche RC Primary School

"With hard work, knowledge, dedication and commitment to excellence, you can achieve great things and defeat all barriers. As you continue your journey, I encourage you to appreciate the power of learning and invest in knowledge, as education allows us to understand the world around us and opens doors to success and greatness." These were the words of encouragement from our Chief Executive Officer, Ronald Tsoi-a-Fatt, who was invited to share an inspirational quote for inclusion in the yearbook

for the Standard Five students of the Biche Roman Catholic Primary School.

The school was also gifted with 25 power banks which were presented to the students on Graduation Day, on behalf of the ERHA.

The Authority continues to demonstrate care and compassion to the communities we serve as we not only pay attention to delivering quality healthcare, but also has a keen interest in the educational success of our future leaders.

Congratulations to Aaron Prince on Olympic Games Qualification

The Eastern Regional Health Authority congratulates our very own Aaron Prince on qualifying to participate in the Olympic games, Tokyo 2020.

Aaron Prince has been employed at the ERHA for the past seven years and is currently attached to the Toco Health Centre as an Emergency Medical Technician. His passion for sport began at a very young age where he got involved in Karate. At age 15, Aaron started boxing and is now ranked 31 in the world and 4th in the region in the sport of boxing.

Aaron is a 16 time gold and 4 time silver medalist at the National Championship, 2 time Caribbean Championship silver and 2 time gold medalists. He qualified twice for the CAC games (2010 bronze medalist) Pan-American games qualification and a top 5 finish at the 2016 World Olympic boxing qualifiers.

Aaron is now representing Trinidad and Tobago in the 2020 Tokyo Olympic Games.



Mr. Aaron Prince at Toco Health Centre



Mr. Aaron Prince, National Athlete



Virtual Grocery Tour Quiz

Over 50 persons tested their knowledge on making smart nutrition choices in the Nariva/Mayaro Nutrition Department's ***Virtual Grocery Tour Quiz: Know More: Spend Less, Read it Before You Eat It.***

See winners below as well as information on food labelling.



Facts on Food Labels

1. Do not ignore the ingredient list. It contains all the ingredients present in the product in the order of highest to lowest amount by weight. The longer the list, the more highly processed the food. Processed foods contain 2-3 ingredients and can be readily eaten without further preparation. Ultra-processed foods are processed foods with multiple ingredients, inclusive of artificial flavours, colours, and preservatives.
2. The serving size is one serving of the food. A food package, however, may have more than one serving i.e., check total servings per container.
3. 20% Daily Value or more of a nutrient per serving is considered high, and 5% DV or less of a nutrient per serving is considered low. Example this product is high in saturated fat, the saturated fat DV is 23%.
4. Total sugars stated includes both natural and added sugars. Almost all foods contain sugar. Natural sugars are found in foods such as fruits, vegetables, and milk. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.
5. The Daily Value or total recommended grams of added sugars for the day is 50 grams (12.5 teaspoons) per day based on a 2,000-calorie daily diet. 4 grams sugar is in 1 teaspoon of sugar. Limiting calories from added sugars to less than 10 percent of total calories per day is recommended. Consuming too much added sugars can make it difficult to meet nutrient needs while staying within calorie limits. The American Heart Association generally recommends 9 teaspoons or 37 grams of added sugar for men and 6 teaspoons or 25 grams of added sugar for women. Note an average 20 fluid ounce of soda contains about 16 teaspoons of added sugars.

A Feature from the
Health Education and
Nutrition Departments,
St. Andrew/St. David

Breakfast on a Budget

7 Meals for a Family of 4



**Scrambled Eggs
with Chopped
Onions & Whole
Wheat Sada Roti**



**Sautéed Tuna with
Chopped Onions
& Coconut Bake**



**Boiled eggs,
Whole Wheat
Crackers**



**Stewed Liver &
Whole Wheat
Roast Bake**



**Oatmeal with
Whole Milk &
Seasonal Fruit**



**Lentil Patties
with Whole
Wheat Bake**



**Oatmeal, Peanut
Butter Muffin &
Whole Milk**

\$100 SHOPPING LIST

- | | | | |
|--------------------------|------------|--------------------------|----------------|
| <input type="checkbox"/> | Flour | <input type="checkbox"/> | Whole Milk |
| <input type="checkbox"/> | Wheat Bran | <input type="checkbox"/> | Lentils |
| <input type="checkbox"/> | Oatmeal | <input type="checkbox"/> | Peanut Butter |
| <input type="checkbox"/> | Crackers | <input type="checkbox"/> | Dry Coconut |
| <input type="checkbox"/> | Eggs | <input type="checkbox"/> | Coconut Oil |
| <input type="checkbox"/> | Liver | <input type="checkbox"/> | Onion |
| <input type="checkbox"/> | Tuna | <input type="checkbox"/> | Seasonal Fruit |

Lunch on a Budget

7 Meals for a Family of 4



**Mashed Sweet Potatoes,
Stewed Chicken
& Sautéed Cabbage**



**Whole Wheat Dumpling,
Dhal & Bhagi**



**Rice, Curried Chicken &
Bodi**



Pigeon Peas Pelau & Cole Slaw



**Split Peas Soup with
Channa & Pumpkin**



**Spaghetti, Shredded Carrots,
Minced Chicken & Onions**



Lentil soup

\$200 SHOPPING LIST

- | | | | |
|--------------------------|--------------|--------------------------|---------------|
| <input type="checkbox"/> | Flour | <input type="checkbox"/> | Carrots |
| <input type="checkbox"/> | Wheat Bran | <input type="checkbox"/> | Onion |
| <input type="checkbox"/> | Rice | <input type="checkbox"/> | Split Peas |
| <input type="checkbox"/> | Spaghetti | <input type="checkbox"/> | Lentils |
| <input type="checkbox"/> | Sweet Potato | <input type="checkbox"/> | Channa |
| <input type="checkbox"/> | Pumpkin | <input type="checkbox"/> | Pigeon Peas |
| <input type="checkbox"/> | Cabbage | <input type="checkbox"/> | Chicken |
| <input type="checkbox"/> | Dasheen Bush | <input type="checkbox"/> | Vegetable Oil |
| <input type="checkbox"/> | Bodi | | |

Dinner on a Budget

7 Meals for a Family of 4



Curried Pigeon Peas with Whole Wheat Sada Roti



Stewed Liver & Coconut Bake with Lettuce



Sardines with Chopped Onions & Whole Wheat Roast Bake



Curried Channa & Whole Wheat Sada



Peanut Butter with Whole Wheat Crackers



Baked Sweet Potato Fries, Oven Fried Chicken & Lettuce



Chicken Strips & Whole Wheat Bake

\$200 SHOPPING LIST

- Flour
- Wheat Bran
- Sweet Potato
- Crackers
- Lettuce
- Pigeon Peas
- Carrots
- Onion

- Sardines
- Liver
- Chicken
- Channa
- Peanut Butter
- Dry Coconut
- Vegetable Oil

Disaster Preparedness Feature: **RAINY & HURRICANE SEASON 2021**

The Rainy Season 2021 commenced on Sunday 23rd May, 2021 which resulted from rainfall activity that was brought on by the passage of a Tropical Wave.

Rainfall activity associated with a Tropical Wave or the Inter-Tropical Convergence Zone (ITCZ) determines the start of the local Rainy Season each year since these conditions remain in effect for the next six (6) months.



THE 2021 WET SEASON FORECAST

The following conditions are expected:

- Overall above-normal rainfall events are expected which is similar to last year's forecast.
- A slight increase in the number of wet days (up to 108 days) and a slight increase in 7-day wet spells.
- The period June to August is more than likely to receive less rainfall than average. Areas in eastern Trinidad are expected to receive the largest rainfall totals during this time.
- The period September to November is more than likely to receive much more rainfall than usual compared to last year's normal rainfall totals, with October and November being the wettest months.
- The daily temperatures for day and night are expected to be much warmer than average.
- 1 or 2 short duration hot-spell heat events are expected for the local heat season: August to October.
- The seasonal flood potential is normal across occasional and well-known flood prone areas i.e. flood risks remains present.



THE 2021 ATLANTIC HURRICANE SEASON FORECAST

The Atlantic Hurricane Season extends from 1st June to 30th November.

A 'very active' hurricane season is projected for our Area of Interest (AOI) with a 59% chance of an above-average Atlantic Hurricane Season. This is much less than last year's prediction with 85% chance for above-normal.

The most likely number of named storms to form in this area is five (5), with one (1) becoming a hurricane.

The averages for named storms and hurricanes in the country's AOI have increased and the main indicators within their study show above-average activity. This includes:

- Above sea surface temperatures in the Atlantic
- Potential for a weak La Niña in the Pacific.
- Higher forecast sea level pressures from June through August





DID YOU KNOW?

A wet day is a day with more than 1.0mm rainfall.

A wet spell is a period of consecutive rainy days.

A dry spell is a period of consecutive days with no rainfall.

A hot spell is a period of higher than usual temperatures that spans for 5 or more consecutive days 34.0°C.

All households, communities and organizations should increase rainy/hurricane season preparedness.

Persons are asked to take preparedness measures and communities are urged to reduce the level of disruption through the following steps:

- **Stay Informed** - Be aware of the hazards in your area as well as contact information for first responders. Stay updated with alert levels, news broadcasts or the social media pages of the Trinidad and Tobago Meteorological Office (TTMS), Municipal Corporations and the Ministry of Rural Development and Local Government, and other authorized state entities/bodies.
- **Make a Plan** - Create and practice a family emergency plan so that everyone is aware of what to do during a disaster. It should also consider public health guidelines in light of Covid-19.
- **Build a Kit** - Gather emergency supplies to last you and your family at least 72 hours (3 days) for both homes and vehicles.
- **Get Involved** - Help support your community's resilience against hazards by clearing waterways and gutters around your home and environment.





Government of the Republic of Trinidad and Tobago

Ministry of Health



HOW DO YOU KNOW IF YOU ARE FULLY VACCINATED?

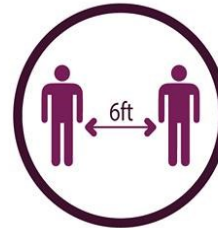
You are considered to be fully vaccinated if:

- ▶ You have received the required number of doses of a World Health Organisation (WHO) approved vaccine. *
- ▶ 2 weeks have passed since you received the final recommended vaccine dose(s).

Even people who are fully vaccinated should still follow the health guidelines to reduce the spread of COVID-19:



Wear a mask



Watch your distance



Wash your hands

*It should be noted that, depending on the type of the COVID-19 vaccine, 1 or 2 doses may be required.

For more info visit www.health.gov.tt/covid19 or CALL 800-WELL / 877-WELL (9355)

The COVID-19 vaccine is
FREE!

SAFETY AT WORK WORD SEARCH



ACCIDENT	GAS	RISK
BURN	GUARD	RULES
CHEMICALS	HAZARD	SAFETY
CUT	HEALTH	SHOCK
DANGEROUS	HELMET	STRESS
DIRT	HURT	TEMPERATURE
DUST	INJURY	TRIP
FALL	MEDICAL	WARNING
FIRE	NOISE	





JUNE 2021

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
Tel/Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258/9
Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
Tel: 668-8066

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 226-1106/643-9075

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

**Guayaguayare Outreach
Centre**
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 226-1111, 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Toco Main Road
Matura
Tel: 226-1261, 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104, 644-2236, 644-0181

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-2509

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt